



U.S. Department  
of Veterans Affairs



During these rough times, there's a number of ways VITAL is working diligently to bring more Veterans together with the reassurance that you are not alone during this pandemic.

One of the ways VITAL is building camaraderie and keeping veterans together is by hosting interactive monthly zoom sessions for women Veterans. Two VITAL work study students, Micki Duran and Nikki Woods host these sessions twice a month as a check in-check up on female Veterans from all branches. During these sessions, nothing but laughter and motivation is shared among its participants.

"I truly enjoy these sessions, it's like I'm hanging out with my girls and just being free and expressing myself creatively with my sisters in arms. After each session I feel more energized and motivated!" (Nikki Woods, MFA Art Therapy, SVA).

The sessions start with a form of expression, introduction, honest conversation and shared stories; some funny and some sad. The other half indulges in creative art therapeutic activities, directed by artist Nikki Woods. The sessions are open to all Women Veterans. On the right you will find a session where participants spent their time drawing their ideal happy place or simply painting beautiful eggs for easter celebration.

For more information about our Women Vets Zoom sessions or to learn how to connect to other student veterans, please contact Dr. Yvette Branson at [Yvette.Branson@va.gov](mailto:Yvette.Branson@va.gov)

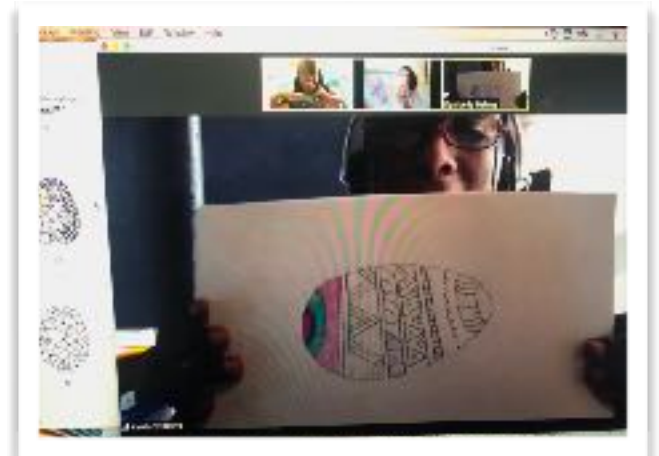
You can also connect to the hosts on IG.

Micki Duran [@mickimonday](https://www.instagram.com/mickimonday)

Nikki Woods [@nikkiwoods305](https://www.instagram.com/nikkiwoods305)



Micki Duran



Kimberly Helwig



Micki Duran



Danielle W